

# April Senior Center Gazette 2005

## SENIOR SCAM STOPPER

Learn from the experts  
on how to empower  
yourself against scams

**FRIDAY, APRIL 8**  
9:30 to 11 a.m.

**Fremont Senior Center**

**Senator Liz Figueroa**  
**City of Fremont**  
**Tri-City Elder Coalition**  
**California Contractors**  
**State License Board**  
**California Department of**  
**Consumer Affairs**

Presentation includes a  
question & answer session  
More information call 413-5960

**Tuesday, April 5, 10:30 am**  
**Shawn Fong, Fremont**  
**Paratransit Program**  
**Manager Transportation**  
**Resources for Seniors**



**April Birthday Party**  
**Friday, April 8, 1:30 p.m.**  
**Entertainment by**  
**Bay Strings Band**

Bay Strings Band is back to perform their wonderful country music. Cake, ice cream, & coffee will be served. Drawing prizes will be available for people who have an April birthday. Prizes have been donated by Atria's Retirement Inn, Carlton Plaza, Cookies by Design, Kathy's Floral Design in the Walnut Plaza, Rose's Mortuary, and the Builder's Fund, which also provides entertainment.

## COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

\*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.



**Thursday, May 5 6-10 PM**  
**Fremont Marriott Hotel**

Don't miss the Human Services Fundraiser, "Meet Me at Fiesta de Colores" to help support the Senior Center and the Youth & Family Services Infant-Toddler Program. Dinner, musical entertainment, a silent auction, and raffle are all planned. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 for information.

### AARP INCOME TAX HELP

Appointments are available for assistance with your Income Taxes  
**Only until April 15. Sign up soon:**  
Tues. at 10, 11 & 12,  
Thurs. at 9, 10, 11, & 12  
Fri. at 1, 2, & 3 pm

## NEW ACTIVITIES

### The Game of GO

Lee Chong is leading a new group interested in playing the ancient game of GO. Join in the fun on **Tues., Weds., and Fri. at 2:00 pm** in the Multi-Purpose Room.

### Piano/ Guitar Lessons

Nick Chiaro is leading piano & guitar lessons on **Fridays at 1:00 pm**. Classes are in A Wing, except for the second Friday of each month when they are in the Multi-Purpose Room.

### Monthly Hearing Screenings 3<sup>rd</sup> Monday of each month

Irina of Fremont Hearing Aid Center will provide Hearing Screenings - make an appointment at Senior Center Office.

### Assistive Technology Advice For Independent Living

Richard Silver, CRIL Assistive Technology Specialist, will offer seniors information on devices that can help them with mobility & flexibility.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.